



Idaho is among the top 5 **milk** producing states in the western U.S. and nationwide. Dairy is Idaho's #1 agriculture business. Each year Idaho dairy farmers produce around 10 billion pounds of **milk**. In order to produce this much **milk** many dairy farms have to **milk** cows 24 hours a day 7 days a week.

Milk contains 8 major essential nutrients in addition to calcium, which is important for children's growth and development. Peak bone mass development occurs between 9-18 years of age, so consuming the recommended 3 servings of dairy foods a day helps build bone mass reducing the risk of bone fractures and protects against osteoporosis later in life. People with osteoporosis have bones that are weak and that can easily break.

Fun Facts:

- A cow's udder holds between 25 to 50 pounds of **milk**.
 - Cows have 4 stomachs.
- An average dairy cow produces about 90 glasses of **milk** in one day, and about 200,000 glasses of **milk** in her life time.



THERE ARE 22 HIDDEN IN DAIRY FOODS. CAN YOU FIND THEM ALL?

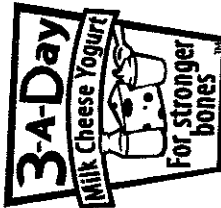
BE A "DAIRY DETECTIVE"

Color in all the milk, cheese and yogurt you can find. Score bonus points if you know what eating three servings of these dairy foods everyday can do for you.

"saipod jataq pue sauoq jefuoxis piling jawnisy"

MILK IT!

Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, have mom help you mix up lowfat milk with fat free pudding and add your favorite fruits for an extra kick!



WHERE'S THE DAIRY?

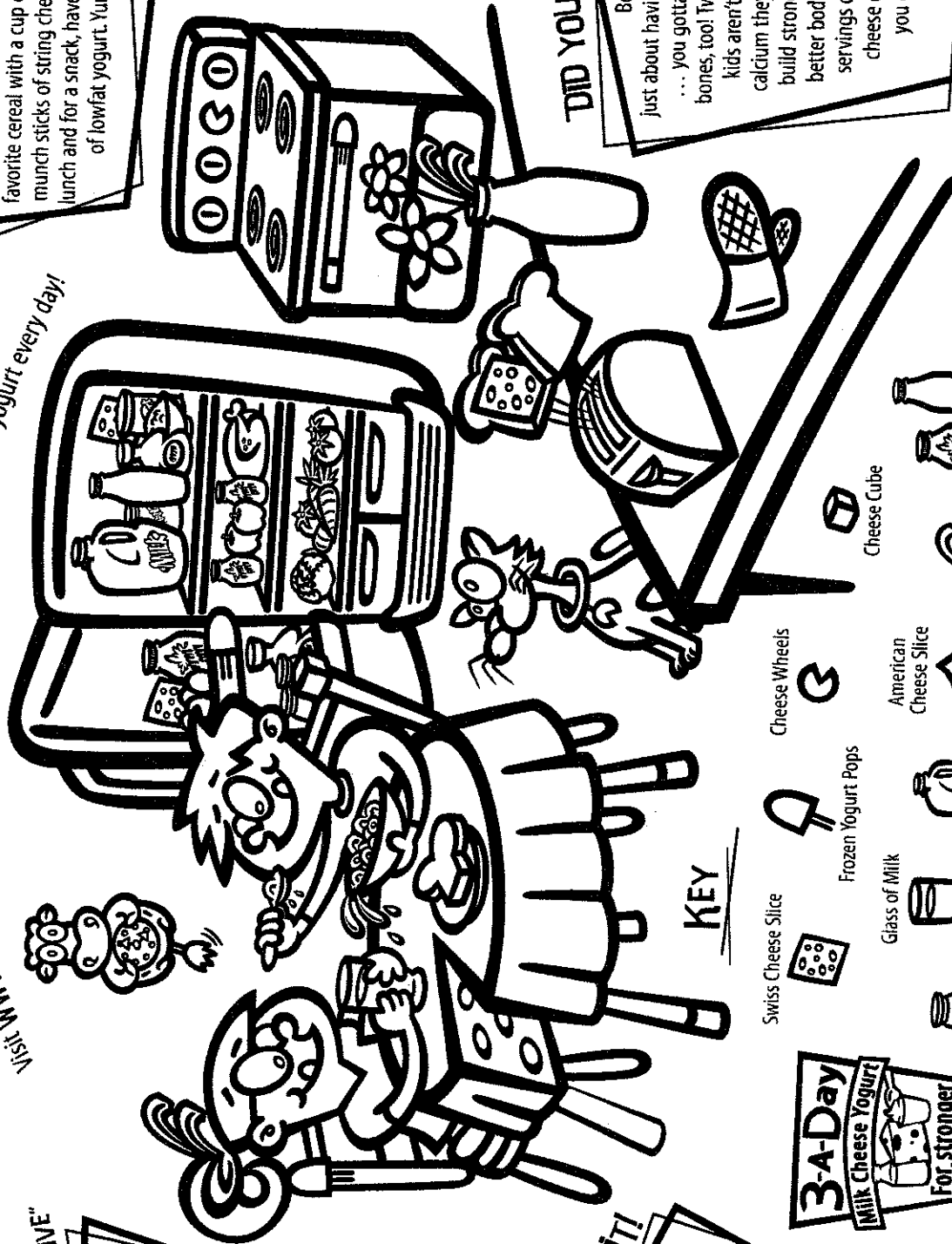
VISIT WWW.3ADAY.ORG for more fun ways to eat milk, cheese and yogurt every day!

"MOOS" YOU CAN USE

Eating 3-A-Day of Dairy is as easy as breakfast, lunch and dinner! Start your day off with a bowl of your favorite cereal with a cup of milk, munch sticks of string cheese at lunch and for a snack, have a cup of lowfat yogurt. Yum!

DID YOU KNOW?

Being strong isn't just about having big muscles ... you gotta have strong bones, too! Two out of three kids aren't getting the calcium they need to help build stronger bones and better bodies. How many servings of lowfat milk, cheese or yogurt did you eat today?



KEY

Swiss Cheese Slice

Frozen Yogurt Pops

Glass of Milk

Yogurt cups

Cheese Wheels

American Cheese Slice

Milk Gallon

Cheese Cube

String Cheese

Milk Bottle

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As you grow tall and strong, don't forget to drink milk at least three times each day. Drinking milk helps bones and bodies grow strong and healthy.

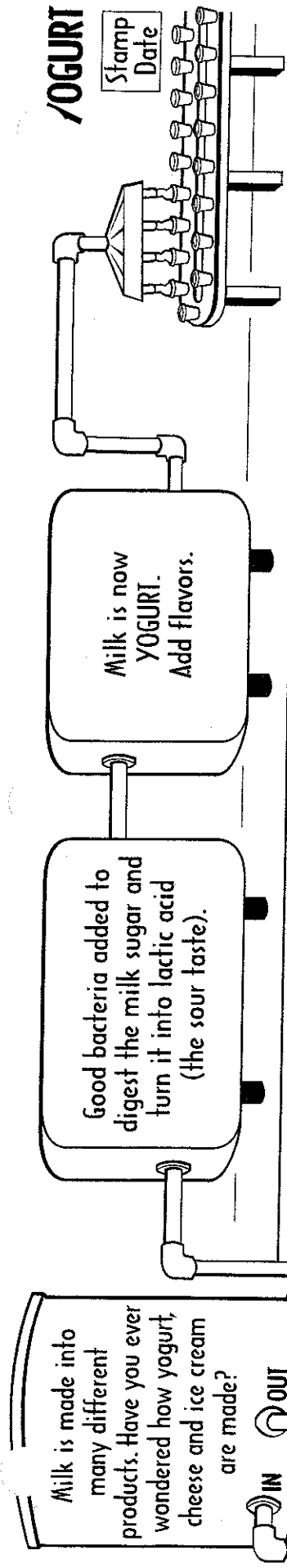




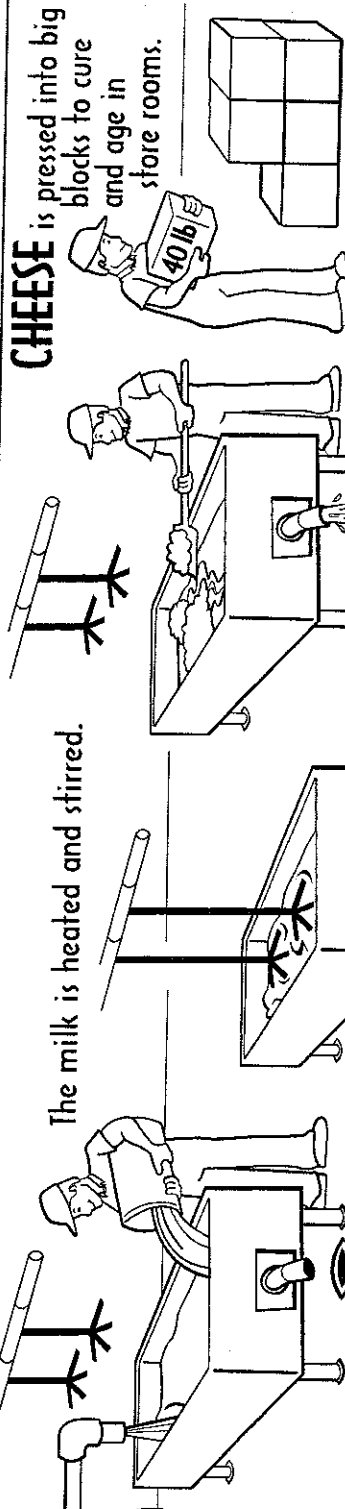
Dairy Farmer!

**Real Cool, that's me! One cow produces about 90 glasses of milk every day! That's cool too...
Milk.. It does a body good!**

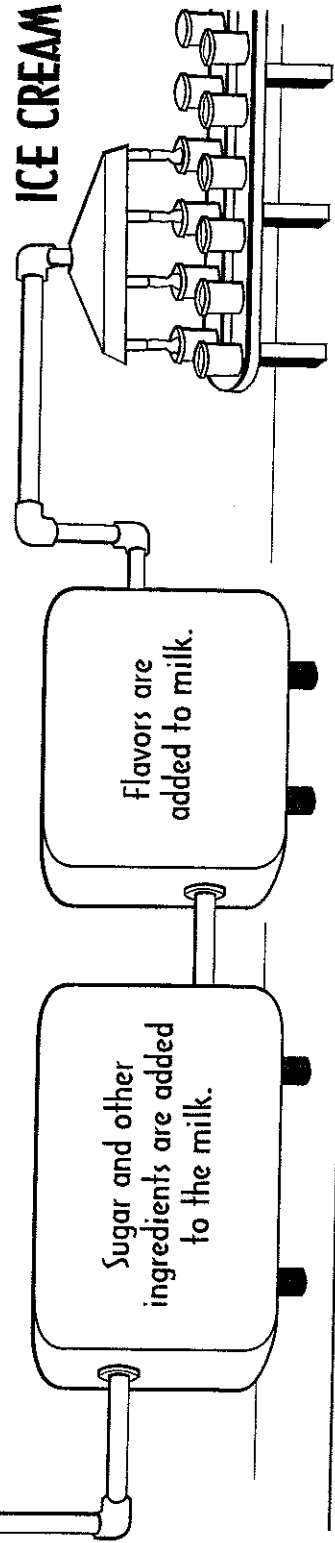




CHEESE



ICE CREAM



Follow the path of each product. Color each product pipeline a different color. Write about how each product tastes. What is your favorite flavor of yogurt, cheese and ice cream?